

■ Graduation Fears: Inventory

Graduation Fears Inventory

Check which sentences seem to fit you.

- _____ I worry about my future after I leave Job Corps
- _____ I am afraid that I will not make enough money
- _____ I am unsure of where I want to work
- _____ I have concerns over where I will live
- _____ I feel pressure to figure out all of the above issues in a short period of time
- _____ I'm not sure what the right thing to do is
- _____ I wonder if I have what it takes to "make it"
- _____ I wish I had more time to figure this all out
- _____ I'm not sure how I will feel with all of the new changes coming in my life
- _____ I don't want to lose my friends and support here
- _____ I'm afraid of making the same mistakes as I did before Job Corps



■ Graduation Fears: Goals

Graduation Fears Goals

- I will worry less about my future after I leave Job Corps
- I will do my best to earn what I need to be successful
- I will begin looking at where I want to work and explore my options
- I will take steps to get information on where I want to live
- I will seek out people who can help me make good choices
- I will trust my own judgment
- I'm open to change because I can choose what I want to do with the changes
- I want to stay in touch with my friends and support here
- I have faith in myself that I will do the right thing

■ Graduation Fears: First Aid

Graduation Fears First Aid

1. Begin making arrangements with friends and support people to remain in touch after graduation
2. Get the help you need from staff at Job Corps with questions about a living situation
3. Begin looking at your future with excitement and opportunity rather than fear and worry
4. Tell yourself that you can make it, that you know what is right for yourself, and that you will succeed
5. Remember that you have already succeeded at finishing Job Corps
6. When you feel at risk for making poor choices, seek out others to talk to
7. Begin making plans and take action on your plans. This will help you feel more control over your future



■ Graduation Fears: Worksheet

Graduation Fears Worksheet

This is an exercise in daydreaming.

Imagine yourself in a job you enjoy.....

Now imagine your home, the surroundings, your neighbors.....

Is anyone living with you, a partner, family members, friends....



Imagine your leisure time....How do you spend your extra time....

Now imagine yourself making the daydream into reality.

Imagine yourself in a successful job hunt for that job....

Imagine yourself looking for the home you daydreamed about....

Imagine yourself getting closer to the people who are living with you.....

Imagine yourself making the preparations you need to spend your free time the way you daydreamed about.....

You now have a plan to make the fantasy more of a reality.